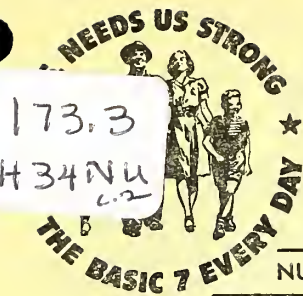


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NUTRITION

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Civil Defense Plans

"United States Civil Defense," a 150-page report issued recently by the National Security Resources Board, as Document 128, outlines the problems involved in the national preparedness program. It further suggests methods for organizing civil defense on local, State, and Federal levels. States and local communities have the principal responsibility for civil defense activities, the Federal Government providing leadership.

Civil defense plans in regard to food and nutrition are described in part under Organization of Health and Medical Service and in part under Mass Feeding. In describing how health and medical services might be organized, Document 128 suggests that "nutrition services are responsible for planning emergency diets and food priority systems. These diets and food priority systems would be used as guides for that branch of the welfare service responsible for supplying food in any emergency period following a civilian wartime disaster. Milk rationing would be the most urgent consideration."

For mass feeding it was recommended that plans be made "for mass feeding of all civilian evacuees from the disaster area at assembly areas, en route, and at reception centers. These plans must also be related to plans for emergency shelter. Wherever possible, food and shelter should be provided at the same facility."

These Civil Defense plans will be supplemented by a series of manuals which will detail the operating aspects of the program and the functions of the various services. Document 128 is available from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., for 25 cents.

Nutrition committees, made up as they are of professional people experienced in planning for food needs, mass feeding, welfare activities, and in teaching both adults and children, can make a valuable contribution to civil defense planning.

A Fair Chance for Children

To give each child in America a fair chance in life, citizens from every part of our Nation are now joining in the work of the Midcentury White House Conference on Children and Youth.

The Conference, to be held in Washington the week of December 3 (January and May NNL), will consider how to help children develop the mental, emotional, and spiritual as well as physical qualities essential to individual happiness and to responsible citizenship, and consider the physical, economic, and social conditions necessary to this development.

The Conference will study how to make wider application of our present knowledge about the development of children. Where knowledge is not readily available or is lacking, the Conference will be of practical help in directing the search for more information and in assembling data on how situations have been handled successfully elsewhere.

State Nutrition Committees are considering many questions in connection with the Conference.

Although we know that sound physical health is an important aspect of sound mental and emotional health, what do we know about the part that food plays in the cultural and psychological development of children?

How important in the development of the child is his attitude toward food? How does this affect his food habits? To what extent do the food habits reflect a child's emotional state? For example, what does food contribute to the development of the shy child who reads a book and nibbles a sweet while other children play ball; to the outcast child who, in play or at meals, is shunned by others; or to the obese child who eats to compensate for frustration or emotional deprivation?

In preparation for the Conference, State White House Conference Committees appointed by the Governors have been appraising services available to meet the needs revealed, and recommending programs.

During and after the Conference action programs will be developed for translating into specific accomplishments the facts and recommendations which come out of the Conference.

The Midcentury Conference marks the fifth time that people from all walks of life and in all parts of the country have mobilized their efforts on behalf of children. The first Conference was called by President Theodore Roosevelt in 1909 and led to the creation of the Children's Bureau.

The 1919 Conference on Child Welfare Standards resulted in minimum standards for child labor and programs for protection of maternity and infancy. The 1930 White House Conference on Child Health and Protection, called to study the status of the health and well-being of children, adopted the Children's Charter. The Conference on Children in a Democracy in 1940 concerned itself with subject matter widely inclusive of the major factors affecting the children of America.

Previous Conferences were concerned chiefly with physical health and decent living conditions. The present Conference is concerned with these, too, and sees them as essential for attaining a happy, harmonious, and productive personality.

Washington Communities Prepare for Children's Conference

In the State of Washington community councils are taking an active part in preparing for the Midcentury White House Conference on Children and Youth, according to Velma Phillips, chairman of the State Nutrition Committee.

By surveying the conditions affecting children and youth, the councils are finding out the needs of their communities, how adequately these needs are being met, what must be done, and how it can be done so as to achieve the most complete mobilization of all our resources toward meeting the problems of children and youth.

Four communities in the State have explored the possibilities in making a community analysis. They report the following needs in regard to nutrition—

- There are no annual medical and dental examinations of school children in the communities.
- Present courses in health are not satisfactory.
- No prenatal or postnatal clinics are available.
- Only 25 percent of the school children take advantage of the school lunch.

(Continued on page 3)

Your Public Library Can Help

To attract public attention to nutrition facts requires the use of many media. The public library offers an excellent showcase for materials to arouse interest in nutrition.

The Chicago Nutrition Association through its Library and Exhibits Committee, has worked closely with the Chicago Public Library in putting nutrition information before the public. Last spring, nutrition books, bulletins, and other literature assembled by the committee, together with a wax model exhibit of a day's meals for a teen-age boy loaned by the National Livestock and Meat Board, were displayed in various public libraries in the city. A duplicate set of publications enabled the librarians to give information on where to get the materials.

The display attracted much attention according to the librarians, and many people requested the books and publica-

tions in the display, Rita Campbell, chairman of the Exhibits Committee, writes.

Other ways in which the Library has cooperated with the Nutrition Association's Library Committee are—

- Purchasing nutrition books and pamphlets suggested by the Committee.
- Posting covers of new nutrition books on a bulletin board on the first floor.
- Showing nutrition films at the library during the noon hour. The Committee gave the library a list of films with information about their availability.
- The Association's Library Committee has stimulated the interest of professional library groups in nutrition materials through talks, consultative services, and articles in professional library journals. In addition the Committee prepares book reviews for daily papers and the Chicago Nutrition Association's news letter.

New State Chairmen

Mississippi. Mrs. Gladys F. Boyette,
Mississippi Extension Service,
State College.

Rhode Island. Violet B. Higbee,
Rhode Island Extension Service,
Kingston.

Washington Communities—Continued

Health institutes for rural areas are now being planned by a committee representing the State Department of Health, the School of Medicine at the University of Washington, and the Extension Service. Other agencies interested in health of children and youth will be added to this interagency planning committee soon.

Joint Meetings in Indiana and Oregon

Several committees have found it desirable to meet with other groups at least once a year to broaden their programs and expand their relationships.

In Indiana the Nutrition Council and the Dietetic Association cooperated in a meeting attended by about 250 laymen and professional persons interested in nutrition, according to Lelia C. Ogle, secretary of the Indiana Nutrition Council. The program featured a talk by Mrs. Julia Kienne of Westinghouse Corporation on the Pennsylvania Mass Nutrition Study and one by Dr. Russell W. Wilder of the Mayo Clinic on the Newfoundland Resurvey of Nutrition.

Attending delegates were asked to comment on the meeting and give suggestions for future ones. The replies will guide the planning of next year's program.

The Oregon Nutrition Council held a luncheon meeting with the State Home Economics Association and the State Dietetic Association. Ruth P. Chindgren, former president of the Council, writes that they considered how to make their organizations more helpful to members. An intercouncil was appointed to plan joint meetings, workshops, and institutes; to organize any joint project undertaken by the groups; and to prepare a news letter.

Among the projects suggested for joint action were support of bread and flour enrichment legislation, consumer educa-

tion, training for speakers, and local participation in health councils and community activities.

The group also drew up a list of ways to interest new members, one of which was to hold meetings in different parts of the State during the year with joint meetings perhaps twice a year.

Alta Garrison is now president of the Council.

Iowa Plans Its Program

Through nutrition studies and surveys the Iowa Nutrition Council plans to arouse awareness of the fact that many people eat inadequate diets and to encourage adoption of good nutrition habits. Special attention will be given to low-income groups. The program will include promotion of the use of dry milk and bread and flour enrichment. The Council is also interested in nutrition education of such professional groups as teachers, school administrators, and public health nurses.

Council members are to send in lists of research studies carried on in Iowa over the past 10 years for use in planning the fall program. A system has been devised for circulating nutrition materials to professional persons.

Escambia County (Fla.) Nutrition Council

The Escambia County Nutrition Council in Pensacola, Florida, recently purchased a film for the permanent library of the Public Health Clinic, according to Sarah S. Tweed, chairman of the Council.

Demonstrations and lectures on bread enrichment and lectures and movies shown to school lunch personnel, women's clubs, and PTA groups are an important part of the Council's educational work.

A program on "Food: Facts, Figures—Feast, Famine," given at a meeting with the Peoples Section of the United Nations local group included a radio broadcast on "Can the World Feed Itself." As a result the chairman was asked to conduct a nutrition seminar on the radio.

The Council has acted as a consultant for the Crippled Children's Home and other organizations. The chairman as a representative of the Council conducted a nutrition seminar at the YWCA for

young mothers, war brides, and business and professional women.

The Council was organized in May 1949 to integrate efforts of members toward better nutrition in the community. A large part of its success is attributed to the interest shown by members representing food industries.

Materials List by Interagency Committee

A Selected List of Nutrition and School Lunch Materials, prepared by the Interagency Committee on Nutrition Education and School Lunch, includes 85 publications classified under General Nutrition, Foods for Growing Children, Food for the Family, Foods and Food Preparation, Food Buying Guides, Food Preservation, and School Lunch.

This list (enclosed) includes non-technical materials prepared by agencies represented on the Interagency Committee on Nutrition Education and School Lunch.

New Materials

Available from Bureau of Dairy Industry, USDA, Washington 25, D. C.

Milk Products in Commercial Bakery Goods, by L. V. Rogers. (12 pp., 1950, Processed.)

Available from Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

Recipes for Quantity Service (Food Service II) Second release in series. (PA-135, 28 pp., 1950.)

Available from Information Branch, Production and Marketing Administration, USDA, Washington 25, D. C.

Specifications for Shelves and Floor Racks for the School Lunch Storeroom. (PA-133, 4 pp., illus., 1950.)

School Lunch Recipes Using Turkey. (PA-108, 27 pp., 1950.)

Available from Office of Information, USDA, Washington 25, D. C.

Nutrition Up-to-date...Up to You. (Separate 1 from Home and Garden Bul. 1, Family Fare, 28 pp., 1950.) Single copies free.

Available from Superintendent of Documents, Government Printing Office, Washington 25, D. C.

Procedures for Home Freezing of Vegetables, Fruits, and Prepared Foods. Classified Notes on Review of Literature, by E. H. Dawson, G. L. Gilpin, and H. Reynolds. (Agr. Handbook 2, 106 pp., 1950.) 40 cents a copy.

Available from Office of Technical Services, U. S. Department of Commerce, Washington 25, D. C.

Survey of Food and Nutrition Research in the United States. Prepared by the Food and Nutrition Board of the National Research Council. 1948-49. Second edition. (311 pp., 1950.) \$1.75 a copy. Make check or money order payable to the Treasurer of the United States.

Available from State Extension Services located at Land-Grant Colleges.

How to Choose and Use Potatoes (PA-120)
How to Choose and Use Cabbage (PA-121)
How to Choose and Use Carrots (PA-122)
How to Choose and Use Snap Beans (PA-123)
How to Choose and Use Tomatoes (PA-124)
How to Choose and Use Onions (PA-125)

These are small 4-page illustrated folders prepared by the Federal Extension Service, 1950.

New Appointments

Dr. Evelyn Blanchard, formerly with the New Mexico Extension Service, has been appointed nutrition specialist in the Federal Extension Service. This is the post held by Miss Miriam Birdseye, whom most of you remember.

Dr. William H. Sebrell, who was co-director with M. L. Wilson on the National nutrition program from 1941 to 1948, has been appointed director of the National Institutes of Health.